Food Prices Survey 1982

Nova Scotia

Department of Consumer Affairs

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I. Introduction

Food prices are of constant interest and concern in most households. This concern was manifested by Nova Scotians through their interest in the food prices' survey carried out across the province by the Nova Scotia Department of Consumer Affairs in 1981. With the assistance of students funded by the Department of Development, the department has once again conducted a province-wide pricing survey.

The findings of this survey are the subject of this report.

Inflation, which is the main cause of increased food prices, is a matter over which the province has little control. The provincial department endeavours therefore, where possible, to provide all consumers in Nova Scotia with reliable information respecting the relative prices of various food items in outlets throughout the province.

A number of new stores and the resulting changes in merchandising and competition is reflected in changes in 1982 information compared to the 1981 survey. This new study should assist Nova Scotians in further combating the effects of inflation by minimizing their food bills.

The Nova Scotia Department of Consumer Affairs is confident that the findings of this survey are an accurate appraisal of food prices in the period surveyed.

The Department wishes to acknowledge the cooperation of most of the major food chains and their personnel during the survey period.

II. Survey Objectives

The main objective of the 1981 survey was to examine the price differential among various regions. That survey showed no appreciable differences in the cost of the items priced at full service food stores across the province. This finding was and still is in line with data from Statistics Canada (see Appendix I).

This year, 1982, the survey objectives were somewhat different in that the department sought to provide more detailed food cost information from a wider range of stores in more regions of the province. The emphasis in 1982, then, was on cost variance between stores, types of stores and types of foods as opposed to between regions.

III. Survey Organization and Methodology

A. Personnel

The study was coordinated by the department's Research Officer and lasted for ten weeks from July 7, 1982 to September 8, 1982 (see Appendix II). Eleven students were hired under a Provincial Employment Program funded

by the Nova Scotia Department of Development; five in Halifax and one each in the following pricing regions: Sydney, New Glasgow, Kentville, Yarmouth, Truro and Bridgewater.

These students priced a constant basket of fifty food items in twenty-five stores on Wednesday of each week.

One student from the Halifax region performed a quality control function. This student visited each of the stores in the Halifax area region on an irregular basis and audited the work of the other surveyors. The students employed in the project outside the Halifax region were under the direct supervision of department staff in regional offices as well as the project coordinator. This ensured adequate regional quality control.

B. Survey Development

This year, 1982, a number of changes were made in the development of the survey. The objective in making these changes was to provide data that was constant each week and therefore more useful in varied types of analysis.

Great care was taken in the selection of the food items so that they represented, as closely as possible, the types of food items usually purchased by consumers. The lists of food items were selected from five other food surveys and covered all the items necessary for a well-balanced diet. See Appendix III for the items priced.

The specifications used by the students in pricing were extremely detailed. Care was taken to describe the item to be priced to a degree that all the students in all stores across the province were pricing identical products. For example, the round steak that was priced was described as follows:

> "Full or whole round steak, full cut of section of hind quarter next to rump, boneless, Grade A or B. Do not price top round, bottom round, eye of round or heel of round, inside round, outside round or frozen meat".

For each of the fifty food items selected, both a national brand and the lowest priced labelled brand were priced. In this way, two indices could be produced. The lowest priced labelled brand index appeals to the price sensitive segment. If a particular national brand was not available, the price of another brand, the highest priced brand, was substituted. This substitution ensured that a constant number of items were priced each week and that the survey results always represent a balanced diet.

Another important change from the 1981 survey is the use of expenditure weights. Weighting is a process where each actual item priced is multiplied by a factor representing the relative importance of that item in terms of a family's average food expenditure. This ensures that store to store price comparisons are not biased by extreme price variance on items that consumers buy only rarely: i.e., one pound of ground coffee, which the consumer would buy infrequently, as compared to one pound of hamburger which

the consumer would buy frequently. The weights used for these indices are from the most current consumption data for Nova Scotia from Statistics Canada.[1]

The final change in methodology was the use this year of two different survey lists which were used randomly throughout the survey period. The purpose was to provide a check that the items were not being tagged by store management (see Appendix III - Lists 1 and 2).

C. Training

Training of all eleven employees across the province was the responsibility of an experienced surveyor who participated in last year's survey. Generally, this training was done in each student's own area. The objectives, methodology and specifics, were presented both orally and in writing. The trainees were then taken to a store in the survey area for on-site experience.

D. Data Management and Quality Control

From an administrative point of view, the data was recorded and compiled without error. The data collection forms issued (Appendix III) were reproduced with all the information required, excepting the price, on a

[1] Statistics Canada Publication Number 62-548

bi-weekly basis. The forms also were pre-coded with location, data and store information on each page (a safety measure in case the pages became separated), and then distributed to each regional office.

After the data was collected in the stores each week, the prices were adjusted to the appropriate common unit, checked carefully for possible errors and then transferred to "weighting forms". This form had four columns which included the raw and weighted prices for both indices. Once the two raw prices for each item were transferred, they were multiplied by their corresponding weights. All data was sub-totalled by food group as well. Totals and sub-totals were cross-checked to ensure calculation errors did not occur on the "weighting form" or in transfer between forms.

The original data was also transferred to a "regional pricing form". This form enabled a side-by-side comparison of food prices between each store in a region. Two totals for each store were calculated: the total for the national brand items and another for the lower priced items. These totals were compared to the totals on the "weighted forms" to ensure that they were in balance.

Both the raw and weighted totals were transferred to a form which provided a final summary of the designated regions, showing all of the totals, both raw and weighted, for all stores in every region.

E. Store Selection

Twenty-five stores in seven regions of the province were selected. In a change from last year's survey, supermarkets which were other than full service were included. A full service store is one carrying a full product range and offering related services, such as packing and carry out.

This change was made because those stores providing less than full service now have a much more significant share of the market than was the case a year ago. As well, changes in the survey methodology have permitted their inclusion without infringing on the collection of adequate data.

Two points should be made clear: First, because warehouse-type stores and co-ops are being priced as well as full service outlets, any differences between those stores can be for a multitude of reasons. Even the full service stores that were selected exhibited differences that may have affected product prices in those stores. These differences include store size and location, preparation of meats and produce and accessibility of displays. Second, regional averages are irrelevant because the balance of full service and discount stores are not the same for each region. Regionally, therefore, only chain to chain comparisons are valid. Appendix IV lists the twenty-five stores surveyed.

F. Pricing

Every Wednesday, each of the students went to their designated stores and carefully checked the prices of the items on the pre-printed survey form. Items not carried by the store were determined after checking with the store manager and marked "N/A" for not available.

Items which were temporarily out of stock were assigned the store list price and marked "L" on the survey form. Those food items which were on special in any given store were marked "Sp".

The fact that the survey was conducted weekly as opposed to monthly allows the use of items on special. This is because the number of price collections over a short period will even out any irregular prices across the board. To establish regular prices in these cases is difficult and subject to error.

IV. Survey Results

A. Store to Store Price Variations

The objective of the 1982 survey was to provide additional information about the price variation between stores in each region.

For each store, both raw and weighted item totals for each two indices were generated each week for ten weeks. This operation resulted in one thousand totals in final form.

The tables in Appendix V show the average totals for each store over the ten week period from July 7 to September 8.

Consumers interested singly in which store had the least expensive food regardless of the brand should use the Weighted Lowest Priced Labelled Brand Index.

In New Glasgow: The Pictou Co. Co-Op had the lowest average prices over the ten weeks, 10.8% below Dominion; this difference takes into account the Co-Op's 6% service charge. The service charge is a percentage charged to all non-members of the Pictou Co. Co-op.

In Kentville: Wades had the lowest average price, 2.0% less than Save-Easy and 3.2% less than Dominion.

In Truro: Dominion had the lowest prices with Save Easy 1.9% higher and Cavanaugh's 3.6% higher.

In Bridgewater: Save Easy had the lowest prices, Foodmaster is 5.4% higher, Dominion, 1.7% higher.

In Sydney: The Co-op was 5.4% less than Town & Country and 8.3% less than Dominion.

In Yarmouth: Save Easy was the lowest. The Discount Food Warehouse and K. Foods were 0.2% and 1.5% higher respectively.

In Halifax: Competition among chains was intense over the course of the survey period. In the weighted lowest priced brands index, Capitol, Best For Less and No Frills were close in average price.

The average price totals for both Capitol stores combined were 3.6% less than the average of the two Best For Less stores and 4.3% less than No Frills. Dominion, the full service counterpart of Best For Less was 16.3% higher.

B. Food Price Changes Over Time in Each Region

The use of a constant fifty item food basket in 1982 has permitted the department to look at any changes in prices which occurred over the course of the survey (See Appendix VI).

In Sydney, the price of a List I food basket decreased over the ten weeks while that of the List II basket increased. Although the two lists were similar in the types of items priced, List I contained most of the items used in last year's survey.

Bridgewater showed a slight decrease in the price of both baskets over the same time period as did the Yarmouth and Kentville regions, but to a less dramatic extent.

Both stores surveyed in New Glasgow showed an increase. List II reveals an increase over List I. In Truro, prices remained stable overall.

In Halifax, both lists demonstrated a marked decline in prices than other regions (approximately 10% over the ten weeks). Over the course of the survey, the existence of a price war was evident in the media with competitive advertising by Best For Less and Sobeys stores, for example. The results of the survey would appear to confirm this.

C. Regional Chain Comparisons

As noted, regional differences in the context of this 1982 survey cannot be examined. Where a particular chain has outlets in a number of the regions surveyed, however, it is possible to compare their prices.

TABLE - Weighted 10 Week Average National Brand Prices
(Dollars)

REGION	CHAIN	
	Dominion	Save Easy
Halifax	$115.81	-
Sydney	$118.30 (+2.15)	-
Bridgewater	$115.87 (+0.05)	$114.67
Truro	$117.24 (+1.23)	$119.20
New Glasgow	$116.09 (+0.24)	-
Kentville	$120.01 (+3.63)	$119.20
Yarmouth	-	$118.75

This table demonstrates the differences in the cost of a weighted food basket of national brand items between stores of the same chain in various regions. Dominion and Save Easy are the only chains surveyed with outlets in all regions. This data is obviously insufficient to draw any conclusions regarding regional food cost variation. In a narrow sense, however, over the ten weeks there does not appear to have been a large difference between Dominion or Save Easy stores on a regional basis.

It should be cautioned that this survey was not intended to compare urban and rural price differentials. The stores surveyed were located in the major centre of each region. Thus, there are no comparisons of rural grocery prices to those of urban areas.

D. Additional Data For Analysis

The survey broke down the items priced into seven food groups: dairy, frozen foods, fresh meat, produce, cereals and bakery, canned goods and miscellaneous. This data was intended to provide an analysis of any differences between stores with regard to these food groups.

Data was collected for one week only on the price of bulk food items at Best For Less stores and as compared with their packaged equivalents. This data is not statistically significant. It is intended to provide some rough information to the consumer. Each item was calculated by price per one hundred grams. This provided a base with which to compare the two. Although

name brands are not given in the bulk food section, the packaged products brand names were noted. All packaged products were quality name brands. The bulk food list contained fifty items (see Appendix VII).

Various items which were carried in bulk were not necessarily carried in the packaged form at Best For Less; it was necessary to find the remaining products at another grocery store. Dominion was chosen for this purpose because it offers a wide selection of grocery items.

The best buy in bulk food appears to be in spices. The average amount which the consumer could expect to save during the survey period in buying spices in bulk is $3.50/100 g. The most notable difference is in oregano which when bought in bulk saves $5.67/100 g. This amount is roughly equivalent to three spice bottles. Buying spices in bulk proves as convenient as buying the bottles because directions are not necessary.

When buying cake mixes in bulk, the consumer does not usually save. Also, the directions for the cake mixes are not included so calculations have to be made by referring to the packaged items. This is time consuming; and therefore, any time saving in baking cakes by buying cake mixes is lost when buying in bulk.

Those items which were purchased in bulk at Best For Less stores during the survey period and which saved the consumer money are: spices, biscuit mix, coconut, raisins, salt, brown sugar, icing sugar, onion soup mix, chicken noodle soup mix, jelly powder, graham wafer crumbs, fudge cookies,

chocolate chip cookies, coffee whitener, instant potatoes, peanuts, split peas, croutons, whole wheat flour, pearl barley, pretzels, brownie mix, angel food cake, long brown rice, oatmeal and sugar cubes.

The survey also showed that it was cheaper to buy the following products by the package: chocolate, white and pound cake mixes, flour, oats, peanut butter, molasses, yellow and green split peas and strawberry jam.

Bulk items were not listed by brand name; therefore, the consumer does not know the quality of the products in question. If it is assumed that the bulk items are of good to high quality, then with some items bulk purchases offer definite savings to the consumer.

It may be much more convenient to have a package of the products rather than weigh and measure out the various items. This choice is left to the consumer.

Various other items which could not be bought in the package were available in bulk.

V. Conclusions

The objective of the 1982 Food Prices Survey was to provide detailed food cost information from a wider range of stores in more regions of the province. Consumers may choose from a number of different indices when comparing prices. The appendices to the survey show the average totals over ten weeks for each store. This will provide valuable price information for consumers throughout Nova Scotia. The information will be particularly relevant in the Halifax-Dartmouth area because of the entry into that marketplace of new types of food outlets.

The survey shows the changes that took place over its duration in each region as well as information on price variations of particular chains from region to region. Data was also collected and outlined in a number of other areas such as food groups and bulk food items.

The Department of Consumer Affairs hopes that the information generated by this survey will stimulate the province's consumers as well as students of food prices or related economic research. Consumer Studies' students at Mount Saint Vincent University have already undertaken food price survey work based on this data. Marketing students at Saint Mary's University have also used last year's survey report as background material in their studies, and we encourage other groups to do the same.

A P P E N D I X I

City Average Retail Food Prices

Date	Sydney	Halifax	% Difference
July, 1981	89.75	90.59	+0.9%
October, 1981	92.75	92.82	0.0%
January, 1982	92.75	92.82	0.0%
April, 1982	79.95	78.49	-1.9%
July, 1982	83.08	81.39	-2.1%

Note: Comparison of food costs over time are not possible due to variations in basket make up.

Source: Stat. Canada - Consumer Prices & Prices Indexes,
Catalogue 62-010
Quarterly Table II

APPENDIX II

Survey Dates

Week 1	July 7, 1982
Week 2	July 14, 1982
Week 3	July 21, 1982
Week 4	July 28, 1982
Week 5	August 4, 1982
Week 6	August 11, 1982
Week 7	August 18, 1982
Week 8	August 25, 1982
Week 9	September 1, 1982
Week 10	September 8, 1982

APPENDIX III

NOVA SCOTIA DEPARTMENT OF CONSUMER AFFAIRS

NOVA SCOTIA

FOOD PRICES SURVEY

LIST I

C O N F I D E N T I A L

Survey Area:	Date:
Store Name	Store Address
Collected by:	

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
DAIRY	MILK-2% disposable carboard container, DO NOT PRICE 1%		2 L			
	EGGS-fresh, Grade A, medium, white May price brown if no white is available. Indicate this in miscellaneous column.		1 doz.			
	CHEESE-cheddar, medium, (bulk) (pre-packaged)	Farmer's	1 kg.			
	substitute	HP	1 kg.			
		LP	1 kg.			
	MARGARINE-soft, 2 tubs, package, if necessary 1 tub 454 g. package may be substituted	Imperial	454 g.			
	substitute	HP	454 g.			
		LP	454 g.			
	YOGURT-any fruit flavor, containing only fresh partly skimmed milk or milk solids, lactic cultures, gelatin	Yoplait	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			
	PROCESSED CHEESE SPREAD-Cheeze Whiz	Kraft	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			
FROZEN FOOD	FROZEN GREEN BEANS-bag	McCain's	1 kg g.			
	substitute size substitutions may be made if appropriate calculations are done	HP	1 kg g.			
		LP	1 kg g.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
FROZEN FOOD	FRENCH FRIES- bag, straight-cut, DO NOT PRICE super-fries, beafeater, crinkle cut, shoestring	McCain's	907 g.			
	substitute	HP	907 g.			
	May substitute size	LP	907 g.			
	FROZEN PIZZA, deluxe pepperoni	McCain's	250 g.			
	substitute	HP	250g.			
	May substitute size	LP	250 g.			
	FROZEN MEAT PIES--chicken	York	227 g.			
	substitute	HP	227 g.			
	May substitute size	LP	227 g.			
FRESH MEAT	PORK CHOPS-centre, cut, cut from centre of loin, fresh, bone in, trimmed. DO NOT PRICE fast, fry, brown and serve or country style chops, mixed cuts, frozen chops.		1 kg.			
	GROUND BEEF-REGULAR grade, DO NOT PRICE frozen meat. Fresh meat made from previously frozen and fresh portion is acceptable		1 kg.			
	SIRLOIN STEAK- cut from section of hind-quarter next to short loin, bone in or partially boned. Canada A or B		1 kg.			
	COD FILLETS-fresh, may price frozen if fresh is unavailable		1 kg.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
FRESH MEAT	SAUSAGES - fresh or frozen, with beef, pork, etc. (bulk) substitute		1 kg.			
	BOLOGNA - sliced, prepackaged, cryovac package substitute	Maple Leaf	175 g.			
		HP	175 g.			
		LP	175 g.			
	BACON-smoked side bacon, sliced, rind off, vacuum packaged (packer's first line) substitute	Maple Leaf	500 g.			
		HP	500 g.			
		LP	500 g.			
	WIENERS-beef and pork, skinless, smoked and cooked, vacuum packaged, first grade substitute	Maple Leaf	454 g.			
		HP	454 g.			
		LP	454 g.			
PRODUCE	APPLES-Canada Fancy MacIntosh or Cortland in plastic bag.		3 lbs.			
	BANANAS-first grade		1 kg.			
	TURNIP-bulk		1 kg.			

ROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
RODUCE	TOMATOES-Canada #1, 12 oz. or 14 oz.(specify) cello tube - calculate and enter price per lb.		1 kg.			
	CELERY-celery stalks, fresh, green, may be trimmed. DO NOT PRICE celery hearts Price: Weight:		price/kg			
	LETTUCE-fresh head, green, good quality DO NOT PRICE leaf lettuce, romain or chinese Price : Weight:		price/kg			
	CUCUMBER-regular, DO NOT price English cucumbers , calculate price per kilogram Price: Weight:		price/kg			
CEREALS AND BAKERY PRODUCTS	SPECIAL K	Kellogg's	475 g.			
	SPAGHETTI-ready cut, dry	Catelli	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			

EREALS ND AKERY RODUCTS	BREAD-white, sliced, enriched	Ben's	570 g.			
	substitute	HP	570 g.			
		LP	570 g.			
	ROLLED OATS-Quick variety (cooks in 3-5 mins.)	Quaker	1 kg.			
	substitute	HP	1 kg.			
		LP	1 kg.			
	RAISINS-seedless, cellophane bags or boxes. DO NOT PRICE golden raisins, currants or SEEDED raisins.	Schwartz	375 g.			
	substitute	HP	375 g.			
		LP	375 g.			
	WHITE PEA BEANS-in plastic bags	Thompson's	454 g.			
	substitute	HP	454 g.			
		LP	454 g.			
	JAM-grape jelly	Welch's	500 ml.			
	substitute	HP	500 ml.			
		LP	500 ml.			
	VEGETABLE OIL	Crisco	1 L.			
	substitute	HP	1 L.			
		LP	1 L.			
	COFFEE-ground, regular	Maxwell House	1 lb.			
	substitute	HP	1 lb.			
		LP	1 lb.			

CEREALS AND BAKERY PRODUCTS	COFFEE-instant, dried coffee, extract, soluble, pure or may have added dextrin dextrose or maltose. DO NOT PRICE decaffeinated and liquid instant coffee or "freeze dry" or extra rich type.	Maxwell House	10 oz.			
	substitute	HP	10 oz.			
		LP	10 oz.			
	POWDERED ORANGE JUICE-envelopes in bag, 3 envelopes/package	Tang	276 g.			
	substitute	HP	276 g.			
		LP	276 g.			
	CAKE-MIX-boxed, regular cake mix	Duncan Hines	510 g.			
	substitute	HP	510 g.			
		LP	510 g.			
	JELLY POWDERS-flavored, DO NOT PRICE "salad" flavors	JELLO	3 oz.			
	substitute	HP	3 oz.			
		LP	3 oz.			
CANNED GOODS	VEGETABLE SOUP-condensed. DO NOT PRICE ready to serve (i.e. no water to add) or old fashioned varieties	Campbells	10 oz./ 284 ml.			
	substitute	HP	10 oz./ 284 ml.			
		LP	10 oz./ 284 ml.			
	BEANS WITH PORK AND TOMATO SAUCE-DO NOT PRICE vegetarian types, beans without pork or beans with molasses, wieners, special containers and recipes	Graves	19 oz./ 540 ml.			
	substitute	HP	19 oz./ 540 ml.			
		LP	19 oz./ 540 ml.			
	KIDNEY BEANS (tinned)	Heinz	398 ml.			
	substitute	HP	398 ml.			
		LP	398 ml.			

ROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
CANNED GOODS	GREEN BEANS-Canada Fancy, canned. DO NOT PRICE seasoned or french-cut varieties	Graves	14 oz./ 398 ml.			
	substitute	HP	14 oz./ 398 ml.			
		LP	14 oz./ 398 ml.			
	PEAS-canned, Canada Choice	Avon	19 oz.			
	substitute	HP	19 oz.			
		LP	19 oz.			
	PEACHES-choice sliced	York	19 oz.			
	substitute	HP	19 oz.			
		LP	19 oz.			
	PEARS, BARTLETT-Canada Choice	Austral	19 oz.			
	substitute	HP	19 oz.			
		LP	19 oz.			
	TOMATO JUICE-canned, may contain salt, sugar or dextrose, fancy grade	Heinz	48 oz./ 1.36 L			
	substitute	HP	48 oz./ 1.36 L			
		LP	48 oz./ 1.36 L			
	EVAPORATED MILK-tinned, unsweetened, may be vitaminized. DO NOT PRICE skim or special types.	Carnation	385 ml.			
	substitute	HP	385 ml.			
		LP	385 ml.			
	CORNED BEEF, tinned	Hereford	12 oz.			
	substitute	HP	12 oz.			
		LP	12 oz.			

	Item and Specification	Brand	QTY	Grade		
CANNED FOODS	TUNA- flaked white canned in oil Not "light" substitute	Clover Leaf	7 oz.			
		HP	7 oz.			
		LP	7 oz.			
MISCEL-LANEOUS	BABY FOOD-strained vegetables or vegetable mixture. DO NOT PRICE jars with meat. substitute	Heinz	128 ml.			
		HP	128 ml.			
		LP	128 ml.			
	POTATO CHIPS-regular flavour substitute	Hostess	200 g.			
		HP	200 g.			
		LP	200 g.			
	KETCHUP- keg , may use 1.25l or 750 ml. size to convert to 1 litre if litre size is unavailable substitute	Heinz	1 L			
		HP	1 L			
		LP	1 L			
HOUSEHOLD ITEMS	FACIAL TISSUE-package of 200 double tissue, approx. 20.6 cm. X 23.9 cm. substitute	Kleenex	200's			
		HP	200's			
		LP	200's			
	TOILET PAPER-medium quality perforated tissue white or pastel shades, one or two-ply sheets substitute	Cottenelle	4 rolls			
		HP	4 rolls			
		LP	4 rolls			
	TOOTHPASTE-standard dentifrice,may have flouride Not gel, any flavour substitute	Crest	100 ml.			
		HP	100 ml.			
		LP	100 ml.			

	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MIS
HOUSEHOLD ITEMS	TOILET SOAP-wrapped, regular size, 4 bar package	Palmolive	4 bars			
	substitute	HP	4 bars			
		LP	4 bars			
	PAPER TOWELS	Viva	2 rolls			
	substitute	HP	2 rolls			
		LP	2 rolls			

APPENDIX III

NOVA SCOTIA DEPARTMENT OF CONSUMER AFFAIRS

NOVA SCOTIA

FOOD PRICES SURVEY

LIST II

C O N F I D E N T I A L

Survey Area:	Date:
Store Name	Store Address
Collected by:	

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
DAIRY	MILK-Fresh fluid whole milk, homogenized in a disposable carboard container.		2 L			
	EGGS-fresh, Grade A, large, white, can price brown if no large white available. Note in miscellaneous column.		1 doz.			
	BUTTER-First grade creamery butter, salted, wrapped in parchment or foil lowest priced brand (specify)		1 lb./ 454 g.			
	MARGARINE-carton or parchment, wrapped, not not pre-softenend, containing 100% vegatable or corn oils	Parkay	3 lbs.			
	substitute	HP	3 lbs.			
		LP	3 lbs.			
	PROCESSED CHEESE SLICES-square slices, with skim milk powder and/or whey powder added, plain without seasoning or condiments individually wrapped, package of 16	Kraft Canadian	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			
	COTTAGE CHEESE-plastic tub, regular flavor, DO NOT PRICE 2%.		375 g.			
FROZEN FOOD	ICE CREAM-disposable cardboard box, DO NOT PRICE fancy flavors or old-fashioned type	Fiesta	2 L			
	If necessary substitue with plastic tub. substitute	HP	2 L			
		LP	2 L			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
FROZEN FOOD	FROZEN PEAS-bag	McCains	2.2 lb. 1 kg.			
	substitute Next closest in size may be substituted if appropriate calculations are made.	HP	2.2 lb. 1 kg.			
		LP	2.2 lb. 1 kg.			
	FROZEN ORANGE JUICE-tinned, unsweetened	Minute Maid	12.5 oz.			
	substitute	HP	12.5 oz			
		LP	12.5 oz			
	FISH STICKS- haddock, frozen	Highliner	14 oz.			
	substitute	HP	14 oz.			
		LP	14 oz.			
FRESH MEAT	ROUND STEAK-full or whole, full cut or section of hind quarter next to rump, bonless, Grade A or B. DO NOT PRICE top round, bottom round, heel of round, inside round, outside round or frozen meat.		1 kg.			
	GROUND BEEF-medium grade (18-24% fat content) DO NOT PRICE frozen meat. Fresh meat made from previously frozen and fresh portions is acceptable.		1 kg.			
	STEWING BEEF-boneless, cut from shank, flank shoulder or neck. Canada A or B grade. DO NOT PRICE frozen meat		1 kg.			
	BLADE ROAST-blade in, cut from fore quarter next to rib section; Canada A or B grade. DO NOT PRICE frozen meat		1 kg.			
	PORK BUTT ROAST--cut from upper shoulder, fresh, skin removed, 1/2 in fat.	Boston Butt (Bone In)	1 kg.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
FRESH MEAT	SMOKED HAM-picnic shoulder, whole		1 kg.			
	CHICKEN-whole fresh broiler of fryer. Grade A price frozen if fresh unavailable		1 kg.			
	HADDOCK FILLETS-fresh, price frozen if fresh unavailable		1 kg.			
PRODUCE	ORANGES-California, Sunkist or South Africa Outspan, size 138,113, or 163 sizes to be specified. DO NOT PRICE naval oranges Price/dozen: weight:		price/ kg.			
	POTATOES-table, white, Canada Grade #1.		10 lb.			
	ONIONS-cooking, common white or yellow, good quality in plastic or cellophane, 2 lb. package. DO NOT PRICE pickling, silverskin, small white, Bermuda, Spanish types 1 lb. or 5 lb. bags may be substituted if appropriate calculations are made.		2 lb.			
	CARROTS-tops removed, good quality in 2 lb. plastic or cellophane substitute as per onions above		2 lb.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
PRODUCE	CABBAGE-fresh, green cabbage, good quality If not sold by the pound, weigh an average sized head and enter wieght with price on schedule. DO NOT PRICE Chinese, red or savoy		1 kg.			
	GRAPEFRUIT-white, pink is acceptable if white is not available, Price/each: Weight:	Size 48	price/kg.			
CEREALS AND BAKERY PRODUCTS	CORN FLAKES	Kellog's	675 g.			
	MACARONI-dry tubular shape, straight or elbow May be vitaminized in box or bag.	Catelli	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			
	BREAD-enriched, white, sliced	Ben's	570 g.			
	substitute	HP	570 g.			
		LP	570 g.			
	FLOUR-white, all purpose, vitaminized, may be pre-sifted. DO NOT PRICE instantized, pastry or other special types	Robin Hood	10 kg.			
	substitute	HP	10 kg.			
		LP	10 kg.			
	POWDERED SKIM MILK-in cardboard carton or bag Vitamin A & D added. 1.5 kg. box may be used in calculating the price per kg. for this item.	Carnation	1 kg.			
	substitute	HP	1 kg.			
		LP	1 kg.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
CEREALS AND BAKERY PRODUCTS	SUGAR- white, granualted, cane or beet	Lantic	2 kg.			
	substitute	HP	2 kg.			
		LP	2 kg.			
	SALT	Windsor	1 kg.			
	substitute	HP	1 kg.			
		LP	1 kg.			
	SHORTENING-processed from blends of edible vegetable oil and animal fats or 100% vegetable oils. May be partly hydrogenated,in cardboard carton	Crisco	454 g.			
	substitute	HP	454 g.			
		LP	454 g.			
	RICE-instant variety, in boxes	Minute	700 g.			
	substitute	HP	700 g.			
		LP	700 g.			
	SALAD DRESSING-DO NOT PRICE real mayonnaise	Miracle Whip	1 L			
	substitute	HP	1 L			
		LP	1 L			
	PUDDING PACK-pack of four, ready made	Nestle	142 g.			
	substitute	HP	142 g.			
		LP	142 g.			
	PEANUT BUTTER-glass bottle, smooth	Kraft	500 g.			
	substitute	HP	500 g.			
		LP	500 g.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
CEREALS AND BAKERY PRODUCTS	TEA BAGS-orange pekoe, 2 cup, guaze bags	Red Rose	60's			
	substitute	HP	60's			
		LP	60's			
	MACARONI AND CHEESE DINNER-DO NOT PRICE deluxe	Kraft Dinner	225 g.			
	substitute	HP	225 g.			
		LP	225 g.			
	SODA CRACKERS-salted, unsalted or saltines	Christie's Premium	450 g.			
	substitute	HP	450 g.			
		LP	450 g.			
CANNED GOODS	SALMON-pink	Paramount	7.75 oz.			
	substitute	HP	7.75 oz.			
		LP	7.75 oz.			
	TOMATO SOUP-condensed. DO NOT PRICE ready to serve (i.e. no water to add) or old fashioned varieties	Campbells	284 ml.			
	substitute	HP	284 ml.			
		LP	284 ml.			
	SPAGHETTI-canned, in tomato sauce with meat	Heinz	15 ¼ oz.			
	substitute	HP	15 ¼ oz.			
		LP	15 ¼ oz.			
	MUSHROOMS-stems and pieces	Four-star	284 ml.			
	substitute	HP	284 ml.			
		LP	284 ml.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
CANNED GOODS	KERNEL CORN-niblets, Canada Fancy	Green Giant	12 oz./ 341 ml.			
	substitute	HP	12 oz./ 341 ml.			
		LP	12 oz./ 341 ml.			
	TOMATOES- canned, field choice grade, DO NOT PRICE whole or stewed tomotoes.	Aylmer	28 oz.			
	substitute	HP	28 oz.			
		LP	28 oz.			
	FRUIT COCKTAIL-canned, Canada Fancy	Libby's	14 oz.			
	substitute	HP	14 oz.			
		LP	14 oz.			
	APPLE SAUCE-canned, Canada Fancy	Avon	19 oz.			
	substitute	HP	19 oz.			
		LP	19 oz.			
	APPLE JUICE	Graves	48 oz.			
	substitute	HP	48 oz.			
		LP	48 oz.			
	SOFT DRINKS-cans	Coke	10 oz.			
	substitute	HP	10 oz.			
		LP	10 oz.			
	LUNCHEON MEAT-not flavored	Kam	12 oz./ 340 ml.			
	substitute	HP	12 oz./ 340 ml.			
		LP	12 oz./ 340 ml.			

GROUP	ITEM AND DESCRIPTION	BRAND	QTY	PRICE	SP	MISC
MISCEL-LANEOUS	COOKIES-chocolate chip, ready-made	Christies Chips Ahoy	450 g.			
	substitute	HP	450 g.			
		LP	450 g.			
	POPPING CORN- in bags	Planters	16 oz./ 454 g.			
	substitute	HP	16 oz./ 454 g.			
		LP	16 oz./ 454 g.			
HOUSEHOLD ITEMS	SYNTHETIC DETERGENT POWDER- all purpose granulated or powdered	Tide	6 L			
	substitute	HP	6 L			
		LP	6 L			
	LIQUID DISHWASHING DETERGENT	Sunlight	1 L			
	substitute	HP	1 L			
		LP	1 L			
	SCOURING POWDER-cleansing powder or cleanser with bleaching agent	Ajax	400 g.			
	substitute	HP	400 g.			
		LP	400 g.			
	LIQUID BLEACH	Javex	3.6 L			
	substitute	HP	3.6 L			
		LP	3.6 L			
	GARBAGE BAGS-regular size, indoor/outdoor DO NOT PRICE lawn and garden or extra large	Glad	10's			
	substitute	HP	10's			
		LP	10's			

OUSEHOLD ITEMS	TOILET SOAP-wrapped, regular size, 4 bar package	Palmolive	4 bars		
	substitute	HP	4 bars		
		LP	4 bars		
	PAPER TOWELS	Viva	2 rolls		
	substitute	HP	2 rolls		
		LP	2 rolls		

STORES SURVEYED:

Halifax-Dartmouth

No-Frills, Chebucto Road
No-Frills, Woodlawn Mall
Capitol, Cole Harbour Road
Capitol, Coburg Road
Dominion, Quinpool Centre
Dominion, Micmac Mall
Best For Less, Bayers Road
Best For Less, Kmart Mall

SYDNEY

Dominion, Mayflower Mall
Town & Country, Sydney River
Sydney Co-op, Prince Street

BRIDGEWATER

Save-Easy
Bridgewater Foodmaster
Dominion

TRURO

Save-Easy, 540 Prince Street
Cavanaugh's Food Mart, 86 Main Street, Bible Hill
Dominion

NEW GLASGOW

Dominion, Highland Square
Pictou County Co-op, 433 Merigomish Road, New Glasgow

KENTVILLE

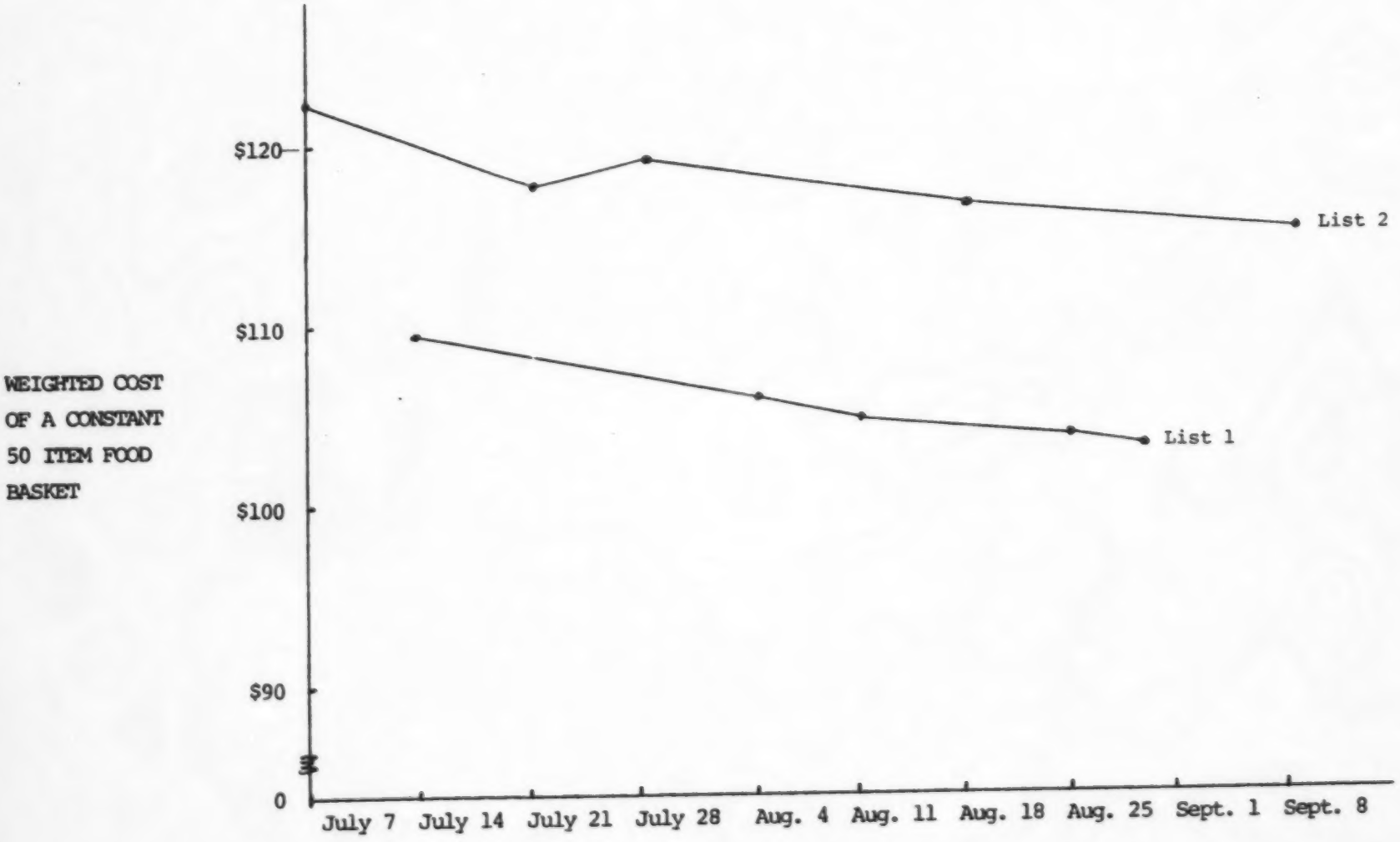
Dominion
Wades
Save-Easy

YARMOUTH

K Foods
Save-Easy
Discount Food Warehouse

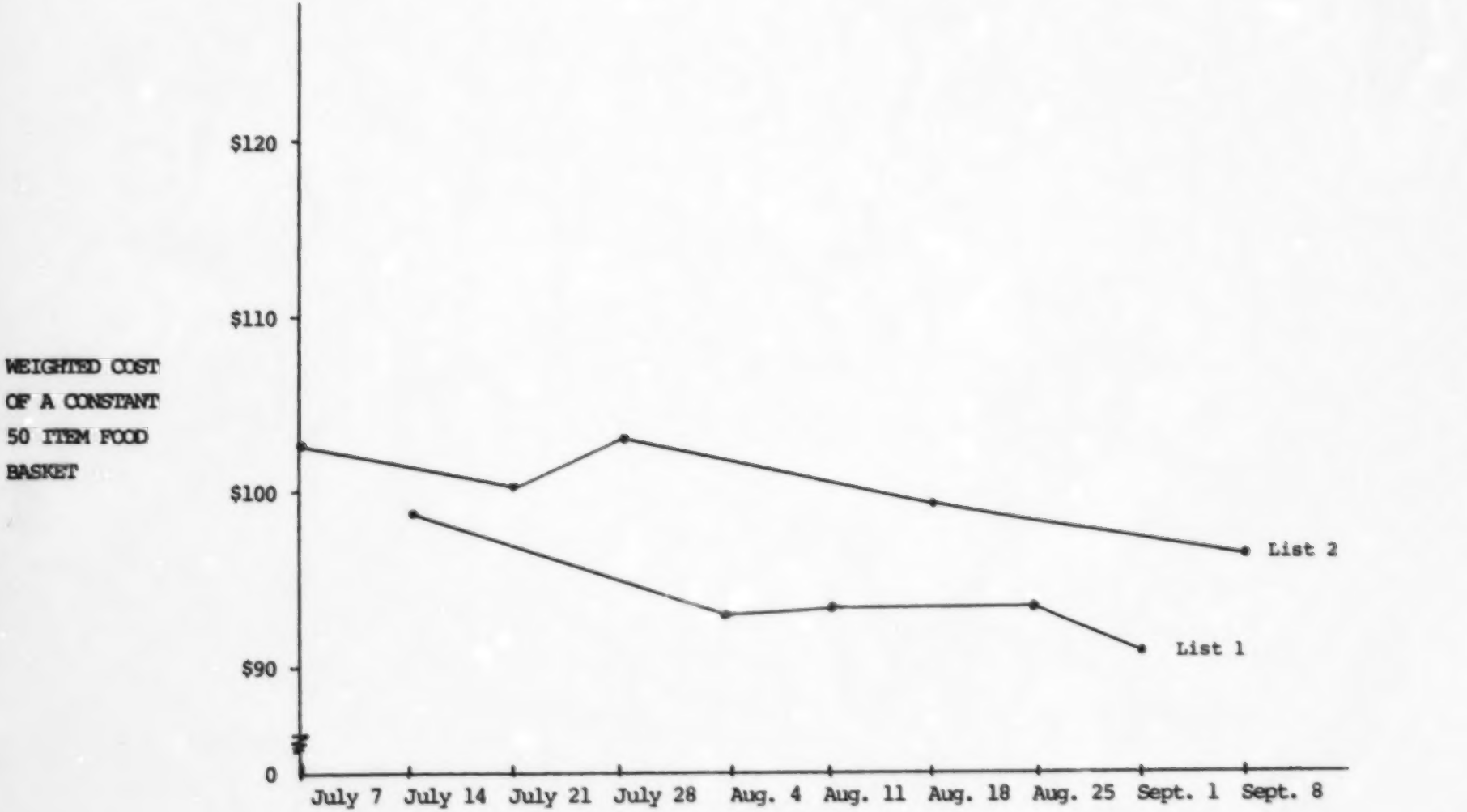
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - BRIDGEWATER



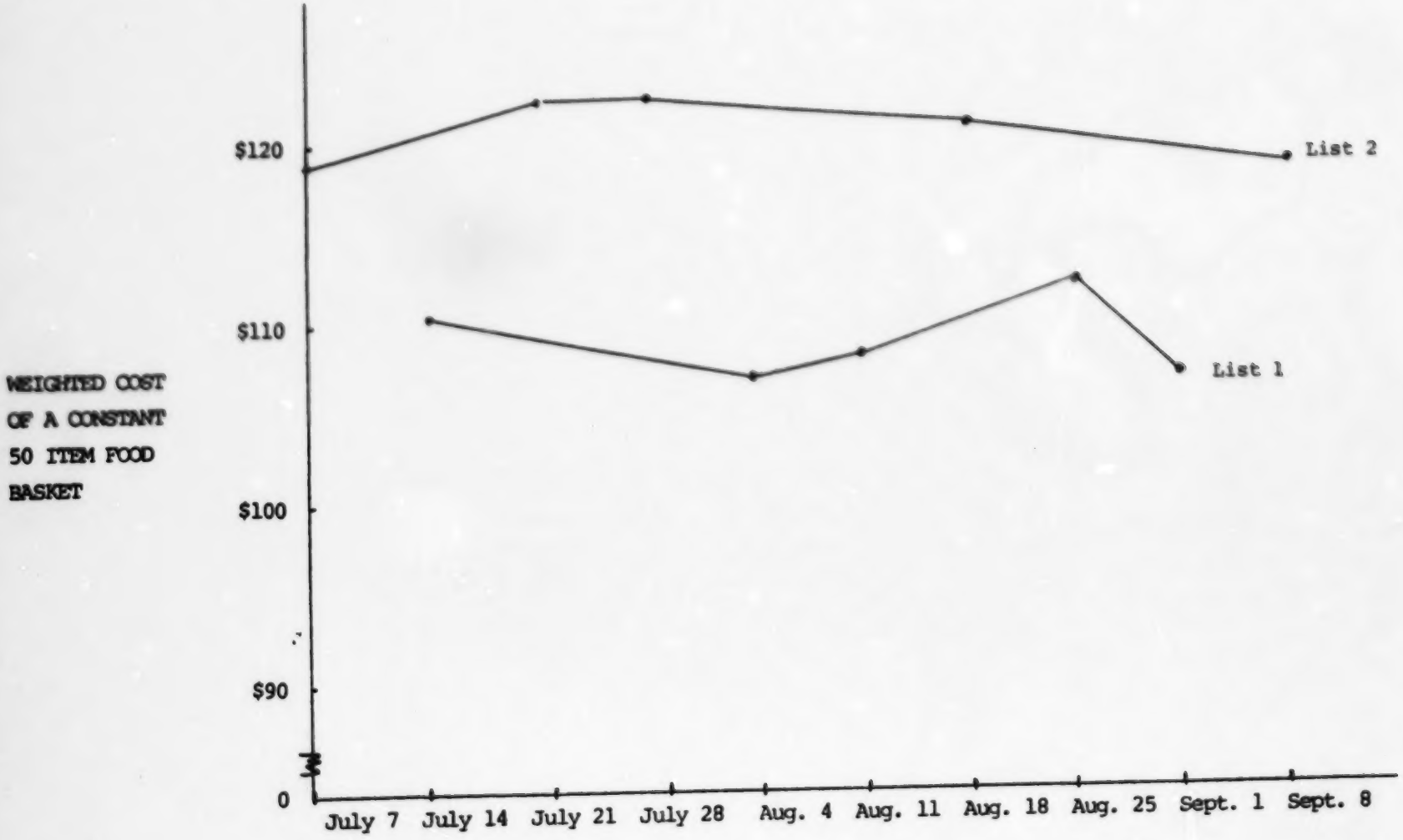
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - HALIFAX



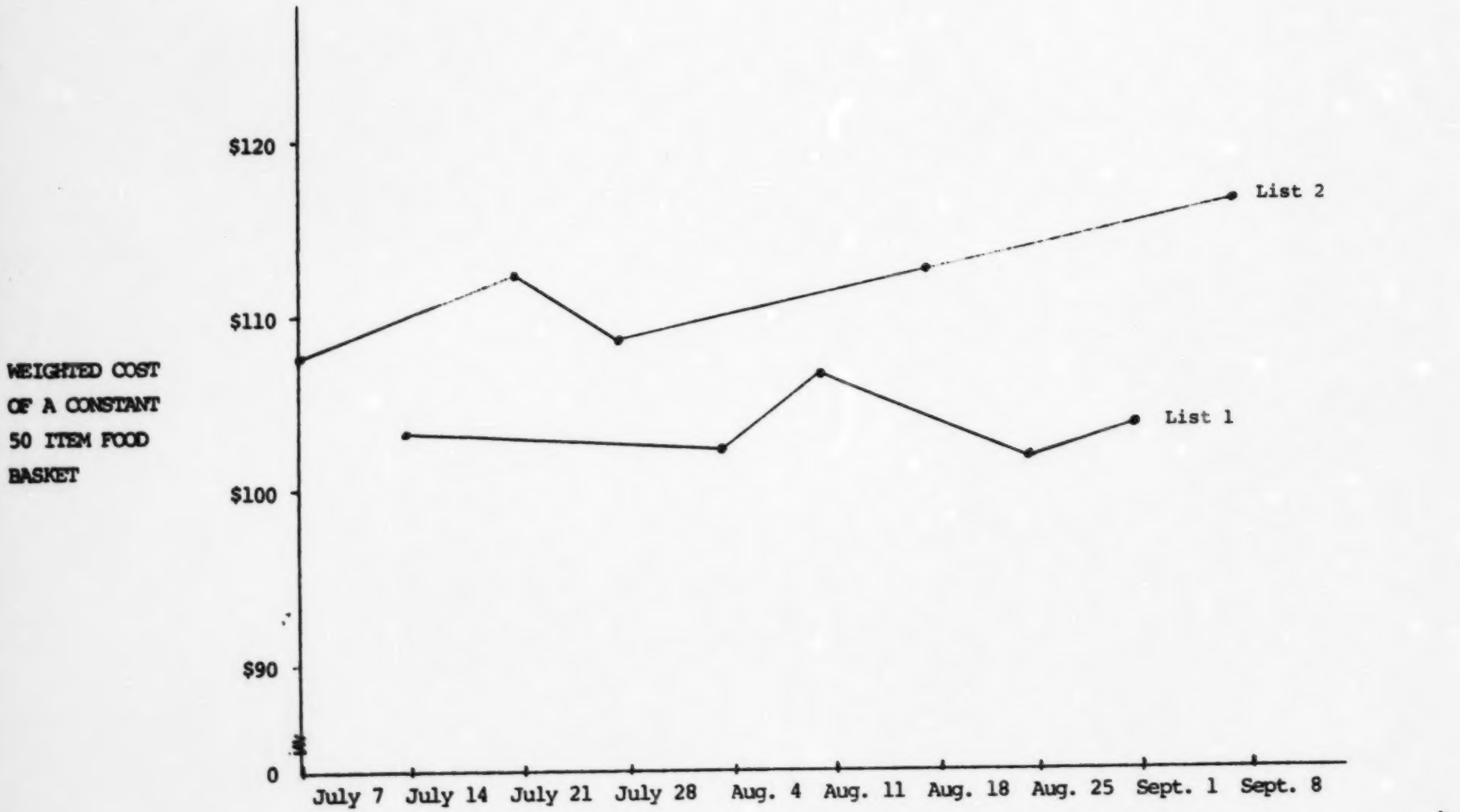
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - KENTVILLE



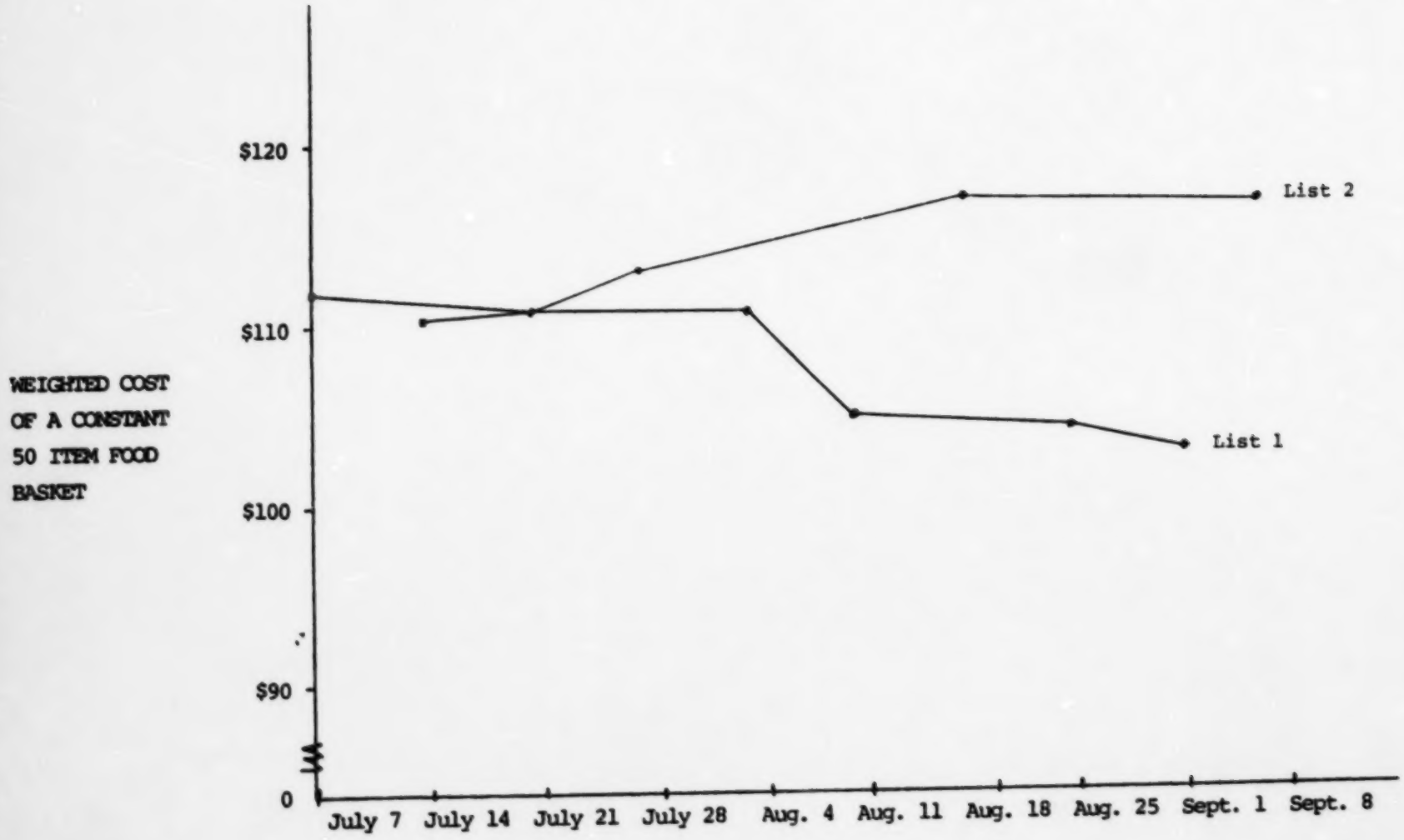
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - NEW GLASGOW



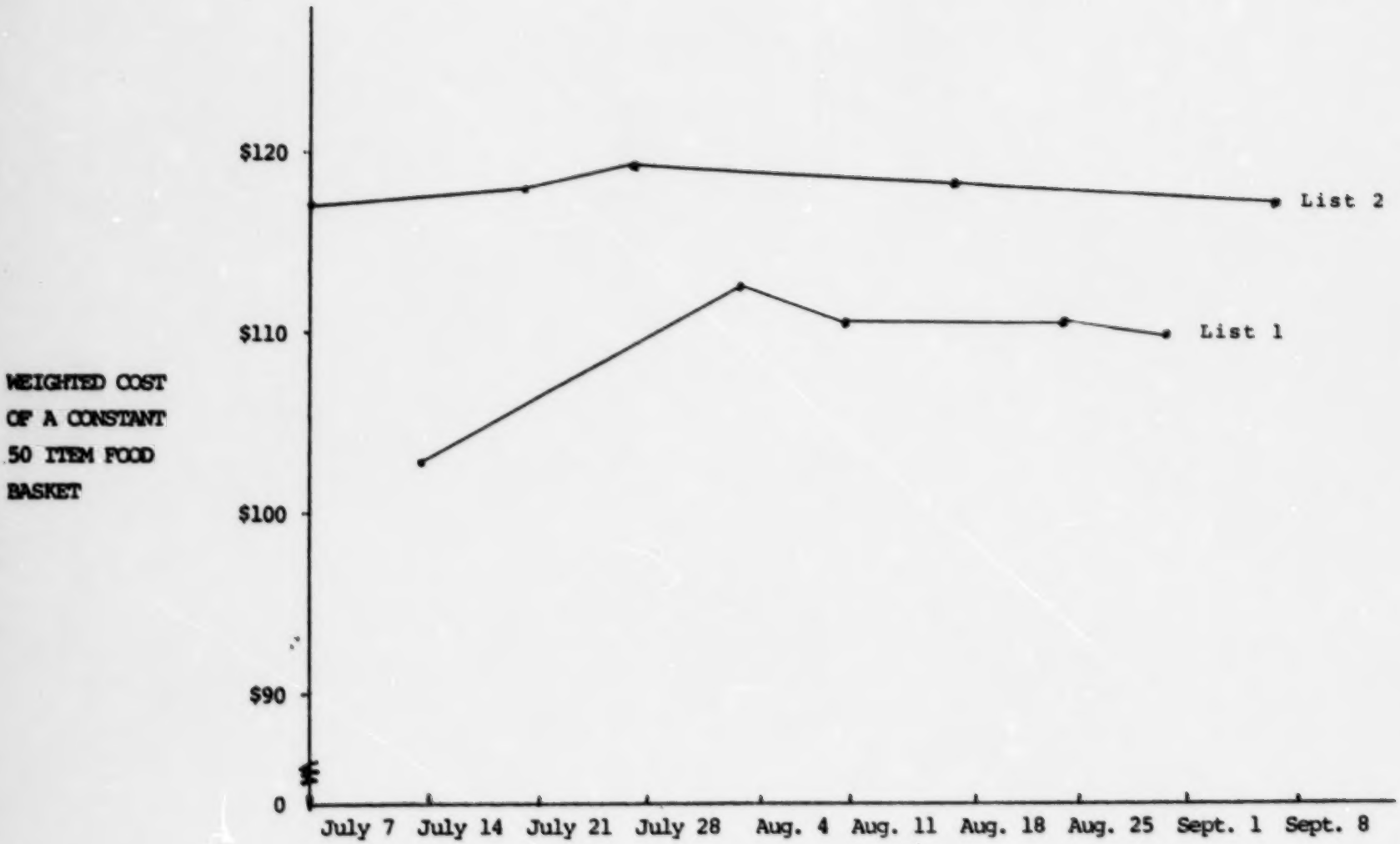
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - SYDNEY



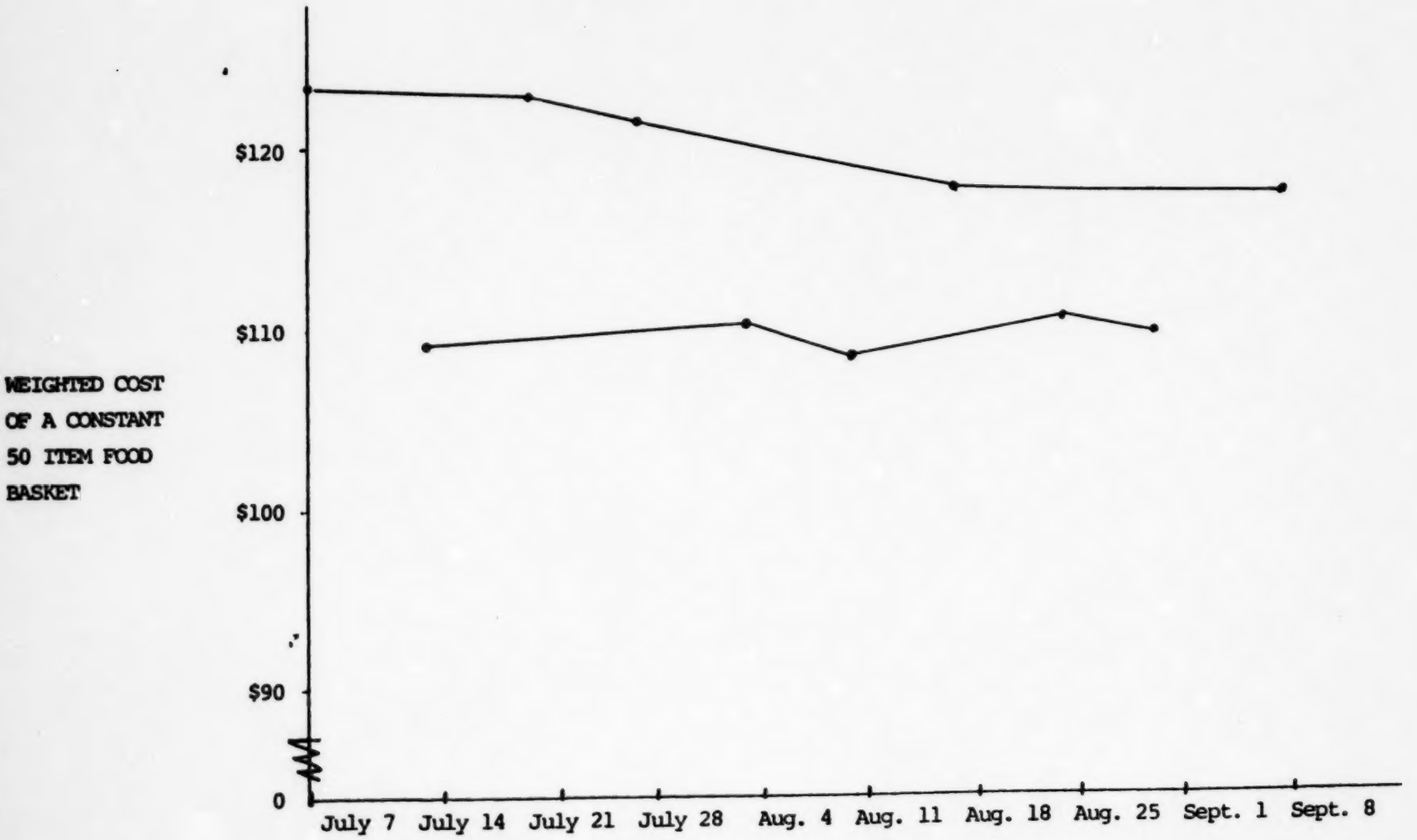
APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - TRURO



APPENDIX V

AVERAGE WEEKLY TOTALS - LOWEST PRICED BRANDS - YARMOUTH



APPENDIX VI

AVERAGE PRICE TOTALS OVER TEN WEEKS IN DOLLARS

Store	National Brands Unweighted	National Brands Weighted	Lowest Priced Brands Unweighted	Lowest Priced Brands Weighted
Region: Halifax				
Best for Less Halifax	91.62	95.12	88.74	92.47
Best for Less Dartmouth	93.64	97.40	90.39	95.90
No Frills-Hfx.	90.54	96.26	89.39	95.52
No Frills-Dart.	89.87	94.97	88.35	94.09
Capitol-Dart.	93.97	95.52	88.47	91.40
Capitol-Halifax	94.30	96.72	90.00	90.38
Dominion-Halifax	113.22	115.81	105.69	109.26
Dominion-Dartmouth	110.73	114.14	104.69	107.88
Region: New Glasgow				
Co-Op	107.55	111.70	99.84	104.76
Dominion	114.12	116.09	109.01	111.59
Region: Kentville				
Dominion	117.82	120.01	113.59	116.97
Save-Easy	115.79	119.29	111.16	115.61
Wades	114.05	116.20	110.37	113.31

AVERAGE PRICE TOTALS OVER TEN WEEKS IN DOLLARS

STORE	National Brands Unweighted	National Brands Weighted	Lowest Priced Brands Unweighted	Lowest Priced Brands Weighted
REGION: Sydney				
Co-Op	109.95	112.30	104.84	107.54
Dominion	115.35	118.30	111.03	114.64
Town & Country	112.99	113.77	110.53	111.44
REGION: Bridgewater				
Dominion	115.63	115.87	108.67	111.60
Foodmaster	119.24	121.55	112.42	115.58
Save-Easy	112.88	114.67	105.92	109.64
REGION: Truro				
Cavanaugh's	116.14	119.19	114.23	117.37
Dominion	114.00	117.24	108.42	113.20
Save-Easy	116.76	119.20	111.67	115.38
REGION: Yarmouth				
K. Foods	116.73	118.37	113.29	116.74
Save-Easy	117.55	118.75	112.82	115.01
Discount Food Warehouse	118.11	118.56	113.11	115.28

APPENDIX VII

Bulk Food Comparisons

Best For Less - July, 1982 - Halifax

PRODUCT	BULK PRICE (per 100 g)	PACKAGED PRICE (per 100 g)	BRAND PRICED
Thyme	1.14	5.28	Schwartz
Garlic Powder	.92	2.78	Schwartz
Curry Powder	.50	2.84	Schwartz
Oregano	1.41	7.08	Schwartz
Chocolate Cake	.33	.20	Duncan Hines
White Cake	.26	.20	Duncan Hines
Angel Food Cake	.33	.41	Duncan Hines
Tea Bisk	.13	.15	Monarch
Coconut	.31	.54	Daltons
Raisins	.35	.45	Willett
Flour	.11	.06	Robin Hood
Salt	.03	.04	Sifto
Golden Yellow Sugar	.08	.10	Redpath
Icing Sugar	.09	.11	Redpath
Oats	.15	.14	Quaker
Onion Soup Mix	.66	1.10	Liptons
Macaroni	.15	.15	Cattelli
Chicken Noodle	.39	.64	Liptons
Jello	.35	.44	Jello
Peanut Butter	.35	.30	Dominion
Molasses	.17	.13	Molsons
Strawberry Jam	.26	.25	Guest

PRODUCT	BULK PRICE (per 100 g)	PACKAGED PRICE (per 100 g)	BRAND PRICED
Graham Wafer Crumbs	.28	.32	Christie
Fudge Cookies	.26	.42	Colonial
Chocolate Chip Cookies	.22	.33	Christie
Yellow Split Peas	.11	.09	Chef
Green Split Peas	.13	.10	Chef
Long Grain Rice	.13	.13	Dainty
Coffee Whitener	.37	.39	Carnation
Instant Potatoes	.22	.28	Trio
Popcorn	.13	.13	Planters
Peanuts	.35	.50	Planters
Split Peas	.11	.12	Chef
Croutons	.44	.79	Brownberry
Whole Wheat Flour	.06	.12	Dover
Peach Pastry Flour	.06		Dover
Dark Rye Flour	.06	.13	Dover
Bran	.04	.23	Quaker
Instant Skim Milk	.55	.45	Dominion
Pearl Barley	.11	.12	Chef
White Sugar	.08	.06	Redpath
Pretzels	.44	.60	Humpty Dumpty
Instant Chocolate	.42	.40	Nestle
Brownie Mix	.37	.38	Duncan Hines
Pound Cake Mix	.44	.11	Betty Crocker
Long Brown Rice	.13	.16	Dainty
Oatmeal	.11	.14	Quaker
Sugar Cubes	.12	.15	Redpath

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